



# WARM UP

CONFIDENT

WAVE 14



Intro	Jog									16x
Verse	<b><u>ROCK 3 / INSTEP 2</u></b> Rocking Horse 3 / Instep Touch 2 (Arms: Double scoop / Lat press 2 to OPP foot)									4x
Chorus	<b><u>JACK / RUN HEEL 4</u></b> Jack / Run Heel 4 (Arms: Shoulder rotation / Running)									8x
Bridge	<b><u>RUN RUN HOLD</u></b> Run Run Hold (Arms: Running, open hand on hold)									16x
FINISH	Land Wide, Thumbs Up									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



# LOWER BODY 1

GERONIMO

WAVE 14



Intro	2 Dumbbells Under Arms									16x
Verse	<b><u>BICYCLE AROUND 16</u></b> In Flotation, Bicycle 16, ¼ Turn Right (Arms: Maintain flotation)									1x
Chorus	<b><u>FLUTTER KICK 8 / V-SIT 2</u></b> In Flotation, Flutter Kick 8 / V-Sit 2 (Arms: Maintain flotation)									2x
Bridge	<b><u>SCISSOR SIDE 7 / TUCK 1</u></b> In Flotation, Scissor 7 / Tuck 1 (Arms: Maintain flotation)									1x
FINISH	Tuck & Hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4	



# UPPER BODY 1

URGENT

WAVE 14



Intro	2 Dumbbells In Hands							
Verse	<b><u>SWEEP 1 / GORILLA CURL 1 (4)</u></b> Grounded Wide Stance (Arms: Sweep dumbbell across front & back / Gorilla curl 2)							2x
Chorus	<b><u>CHEST PRESS / TRICEPS PRESS BACK 2</u></b> Lunge Stance (Arms: Chest press / Triceps press back 2)							8x
Bridge	<b><u>TRICEPS PRESS BACK / CHEST PRESS 2</u></b> Lunge Stance (Arms: Triceps press back / Chest press 2)							8x
FINISH	Stand Tall, Push Dumbbells Front							
V1	C1	B1	V2	C2	B2	V3	C3	B3



# CORE 1

OPPOSITES ATTRACT

## WAVE 14



Intro	2 Dumbbells Held At Chest Or Under Arms								
Verse	<b><u>DIAMOND TICK TOCK</u></b> In Flotation, Swing Lower Body – Knees open, Feet Together (Arms: Dumbbells held at chest or under armpits)								8x
Chorus	<b><u>SHOOT THROUGH F/B / CROSS COUNTRY LEAN 4</u></b> In Flotation, Shoot Through Front/Back / Cross Country Lean 4 (Arms: Dumbbells held at chest or under armpits)								4x
Bridge	<b><u>MOUNTAIN CLIMB TWIST</u></b> In Flotation Or Toes On Bottom, Alternate Knee Crunch To Dumbbell (Arms: Push dumbbells underwater, directly under shoulders)								16x
FINISH	Stand Tall, Relax Hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4





# ACTIVE RECOVERY 1

PROUD MARY

WAVE 14



Intro	Put Dumbbells Aside, Run									32x
Verse	<b><u>RUN 7 / KARATE SIDE 4</u></b> Run 7 / Karate Kick Side 4 (Arms: Running / Fists)									4x
Chorus	<b><u>DISCO JACK / FAST JACK 2</u></b> Rebound Jack / Fast Jack 2 (Arms: Disco point / Disco roll)									8x
Bridge	<b><u>CROSS COUNTRY 3 / TUCK 1</u></b> Cross Country 3 / Tuck 1 (Arms: Paddle / Push down)									8x
FINISH	Land Wide, Disco Point									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

# 6

# LOWER BODY 2

NEVER BE THE SAME

WAVE 14



Intro	2 Dumbbells In Hands								
Verse	<b><u>KARATE KICK SIDE 4 / KARATE KICK BACK 4</u></b> Alternate Karate Kick Side 4 / Alternate Karate Kick Back 4 (Arms: Hold dumbbells in front / Push Front)								4x
Chorus	<b><u>CROSS COUNTRY 16 / KICK FRONT 16</u></b> Rebound Cross Country 16 / Kick Front 16 (Arms: Small running / Extend elbows – push up & down)								1x
Bridge	<b><u>TUCK 4 / JACK CROSS 4</u></b> Tuck Jump 4 / Jack Cross 4 (Arms: Overhead / External shoulder rotation)								2x
FINISH	Land Wide, Relax Hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



# UPPER BODY 2

SAVING MY LIFE

WAVE 14



Intro	2 Dumbbells In Hands							
Verse	<b><u>PUNCH FRONT / STIR THE POT (4)</u></b> Grounded Lunge Stance (Arms: Punch noodle Front / Circle noodle to side) (4)							2x
Bridge	<b><u>OPEN THE DOOR 8</u></b> Grounded Stance (Arms: Row back with rotation)							2x
Chorus	<b><u>LAT PULLDOWN COMBO 4</u></b> Grounded Lunge Stance (Arms: Alternate pulldown, pulse, reset)							2x
FINISH	Stand Tall, Push Noodle Front							
V1	B1	C1	V2	B2	C2	V3	B3	C3



# CORE 2

HEROES (WE COULD BE)

## WAVE 14



Intro	2 Dumbbells In Hands							
Verse	<b><u>STANDING BIRD DOG 8</u></b> Grounded Hip Extension 8 (Arms: Dumbbell sweep forward & back – opposite arm)							2x
Chorus	<b><u>CROSS BACK &amp; TWIST PULSE 15</u></b> Cross Leg Behind – Square Hips (Arms: Dumbbell twist pulse 15 – Slight rotation)							2x
Bridge	<b><u>TUCK &amp; PUNGE</u></b> Neutral Tuck & Stand (Arms: Double Plunge – dumbbells at chest)							8x
FINISH	Stand Tall, Push Dumbbells Front							
V1	C1	B1	V2	C2	B2	V3	C3	B3



# ACTIVE RECOVERY 2

EDGE OF MIDNIGHT

WAVE 14



Intro	Put Dumbbells Aside, Kick Front								16x
Verse	<b><u>KICK 2 / DOUBLE FLICK KICK 1</u></b> Alternate Kick 2 / Double Flick Kick 1 (Arms: Scoop)								8x
Chorus	<b><u>POWER TUCK 4 / RUN 16</u></b> Power Tuck 4 Travel Forward, Run 8 Travel Backward (Arms: Breaststroke / Push front)								2x
Bridge	<b><u>JOG HEEL CIRCLE 8</u></b> Jog Heel 8 Turn In Circle (Arms: Breaststroke)								4x
FINISH	Stand Tall, Breaststroke & Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	





# FLEXIBILITY

THE CURE

WAVE 14



Intro	Gentle Shoulder Rolls, Relax Wrists							4x
Verse	<b><u>LUNGE 5 &amp; SWEEP OPEN</u></b> Alternate Lunge Side 5 & Hold (Arms: Sweep side to side / Open chest)							1x
Bridge	<b><u>KNEE LIFT / GLUTE &amp; KNEE LIFT 2</u></b> Knee Lift & Hold 4 / Figure 4 To Knee Lift 2 (Arms: Reach under leg / Open chest)							1x
Chorus	<b><u>QUAD STRETCH / AIRPLANE</u></b> Lift Heel To Glute / Extend Leg Back (Arms: Reach for heel / Extend arms side)							1x
FINISH	Stand Tall, Lower Arms							
V1	B1	C1	V2	B2	C2	V3	B3	C3